

Patient Information and Consent

Please read this before your first appointment. If you can, print it, sign the declaration at the end and bring it with you. If that isn't possible, a copy will be ready for you to sign at the start of your first appointment. Please ask if anything is unclear.

About the clinic

MJL Therapy is run by Miles Larter, a physiotherapist registered with the Health and Care Professions Council (PH118028) and a member of the Chartered Society of Physiotherapy. Appointments take place in a private treatment room at Drews Cottage, which is part of a family home. You will only be in the treatment room and will not enter any other part of the property.

Assessment and treatment

To assess you properly, I may need to watch how you move and examine the affected area directly. With your consent, this may mean removing or adjusting some clothing, for example lifting a top to examine your back or shoulder, or wearing shorts to examine a hip, knee or ankle.

- You will only be asked to remove or adjust clothing that is reasonably necessary, and you will be given privacy to change.
- Towels are used to cover areas that are not being examined or treated.
- You can decline, pause or stop any part of your assessment or treatment at any time. I will discuss alternatives and adapt what I do wherever possible.

Depending on your problem, treatment may include exercise, hands-on treatment such as massage, joint mobilisation and stretching, strapping and taping, and advice. Injection therapy is only offered where it is clinically appropriate, and always with separate written consent and its own information leaflet.

Chaperones

You are welcome to bring a friend or family member to any appointment and to have them with you throughout. Patients under 16 must be accompanied by a parent or guardian at all times. If you would like a chaperone and cannot bring one, please let me know before your appointment.

Consent

Before any examination or treatment, I will explain what is involved, why it is recommended, the likely benefits and risks, and any alternatives, including doing nothing. I will only go ahead with your agreement, and you can change your mind at any time, including during an appointment.

Your health information

For your safety, please tell me about any medical conditions, medication, allergies, recent surgery or injury, and whether you are or might be pregnant. Please also tell me about any changes to your health before each appointment. Treatment decisions rely on this information being accurate and complete.

Possible effects of treatment

Physiotherapy is generally very safe. It is common to feel some soreness, stiffness or tiredness for 24 to 48 hours after an assessment or treatment. Strapping and tape can occasionally irritate the skin. Occasionally symptoms may temporarily worsen. Everyone responds differently, so no particular outcome can be guaranteed. Please contact me if you have any unexpected or worrying symptoms after an appointment.

This is not an emergency service

If you develop chest pain, difficulty breathing, sudden severe pain, new weakness or numbness in your arms or legs, numbness around your genitals or back passage, or any new problem controlling your bladder or bowels, do not wait for your appointment. Call 999 or go to A&E. For urgent advice, call NHS 111.

Appointments, arrival and payment

- Please don't arrive more than 5 minutes before your appointment, as there is no waiting room.

- On arrival, ring the doorbell on the brown wooden gate at the side of the house (not up the small lane). There is on-street parking nearby, and the treatment room is on the ground floor with one step at the door. Please let me know in advance if you have any difficulty with steps.
- Payment is taken at the appointment. Cash or card is accepted.
- If you need to cancel or move your appointment, please give at least 24 hours' notice using the link in your confirmation email, or by replying to it.
- If you are unwell with an infectious illness, such as a fever, a heavy cold or sickness and diarrhoea, please rearrange your appointment.
- Please keep valuables with you during your appointment.

Respect and safety

You will always be treated with courtesy and respect, and I ask the same in return. Abusive, threatening or inappropriate behaviour will result in the appointment being ended and further treatment being declined. I may also decline or stop treatment if I believe it is not appropriate for you, in which case I will explain why and advise you on where to seek help.

Your information

Notes of your assessment and treatment are kept securely as your clinical record, as required by my professional regulator. How your information is used and stored is explained in the privacy notice on the MJL Therapy website, or a copy is available on request.

Declaration

By signing below, I confirm that:

- I have read and understood this information, and have had the opportunity to ask questions;
- the health information I give will be accurate and complete, and I will tell my clinician about any changes;
- I consent to assessment and treatment as described above, and understand that I can withdraw my consent at any time.

Full name	_____	Date of birth	_____
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Signature	_____	Date	_____
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If the patient is under 18, a parent or guardian should also sign:

Parent / guardian	_____	Relationship	_____
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Signature	_____	Date	_____
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